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GAUHAR

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Dedicated to
my parents & bade abbu
who helped us in tough time

I also wanna thanks my beloved friends
teachers who always guides me

GAUHAR



Language used : "HINGLISH + ENGLISH "

GAUHAR

Words from Author

(Read slowly)

Ek azad zindagi hi ek matra raasta hai zindagi jeene
kaa

Doosri har tarah ki zindagi adhoori hai.....

Til til mar mar ke jeene ke bahut saare tareeke hein
duniya mein

Lekin junoon ke saath jeene ke bahut kam

Puraane zamaane mein kalakaar hone ka ek hi
matlab tha ..baaghi hona kyunki creativity apne aap
mein hi sabse badi baghaawat hai..

Agar aap waakai kuchh banana chahte ho.....

Toh bachpan mein rataaye gaye saare sabak bhool
jayiye ..

Warna aapki kavita kuchh nahin hogi

Churaaye gaye shabdon ke siwa..

Aur aap kisi kavi ki carbon copy

Apne aap ko jaane bina , aap creative nahin ho sakte

...

Bheed ka hissa hokar kuchh ban paana sambhav nahin

Bheed mansikta kabhi creative nahin ho sakti...

Bheed bilkul neeras zindagi jeeti hai machine ki tarah

Jo na naachti hai naa gaati aur na muskaraati hai

Halanki kuchh cheezein humein tabhi mil sakti hai

Agar aaap machine ho... Toh aapko

Izzat milegi , bade bade samman milenge ,

vishwa vidyalaya aap par Shodh karwayenge aapko

Gold medal se nawaaza jayega aur akhir mein shayad noble prize bhi mil jaaye!

Lekin ye saare samman intahaayi khokhle hein...

Ek saccha genius insaan inn ko thukra deta hai

Kyunki satta ke liye ki kee gayi aapki sewa

Ko puruskaar dena rishwat khori hai...

Kya aap ek achhe agyakaarai ghulaam bane rahein kabhi bhi bhatke nahin

Hamesha duniya ke dikhaaye gaye raaste par chalein

Lekin rachna Karne waaladuniya ke dikhaaye gaye raaste par nahin chal sakta

Usse apna raasta khojne ke liye zindagi ke jungle mein bhatakna hi hoga

Logon ka saamna karna hi hogaa :(

Bheed ka hissa banaane waale log beech mein hi chhodne honge

Bheed se zyaada Mand buddhi duniya mein kisi ki nahin hoti

Yahan tak ki ek mashhoor bewakoof (FOOL) bhi bewakoof bheed se zyada samajhdaar hota hai

Bheed rishwat dene mein bahut mahir hoti hai
Wo un logon ki izzat karti hai Unhein sammanit karti hai

....jo lagataar kehte rahein "bheed mansikta hi ek matra ...raasta hai"

...puraane zamaane ka kalaakaar chahe wo researcher ho , scientist ho , kavi ho, dancer ho, musician ho ya phir sculpture ho , Ya entrepreneur ho ya koi bhi profession ka

..... Uske liye zaroori tha ki wo samajik izzat ka tyag kar azaad zindagi jeeye

Ek khanabadosh ki zindagi...creative ho paana tabhi sambhav tha bhavishya mein bhi aisa hi hoga zaroori nahin... Agar aap mujhe samjhte hein ...

Agar aapko mehsoos hota hai mein jo keh raha hoon usmein sachhai hai toh bhavishya mein hum sab apne saath hi rehna seekh leintoh koi zaroorat nahin hogi kisi ko azad zindagi ki

Azaad hone ki zaroorat .. Nishchit hee parampaarik rudiwaadi sansakaaron ke bojh tale dabi hui zindagi ki den hai

Meri koshish ye hai Bheed mansikta ko jad se
 ukhaad diya jaaye
 Aur har Insaan ko Aazaaad kar diya jaaye taaki wo

jo hai wohi ban kar jee sake
 Phir koi pareshani nahin phir aap jee sakte hein jaise
 bhi jeena chahaein

Balki asali insaaniyat ka janm ussi din hoga... jab
 insaan ko uski bagaawat ke liye sammanit kiya
 jaayega
 insaniyat abhi tak janmi nahin hai ...abhi jo aap
 insaniyat ke naam par dekh rahe hein wo mahaz ek
 chhalava hai
 Creativity khushboo hai khud ki azaadi ki

[DEBUGGING]

GAUHAR



Humaraa brain kudarati complex hardware hai , jismein jis tarah ka Operating system hoga ye ussi tarah kaam karega

Aur iss brain ke software ko update karna humari zimmedari hai, kabhi-kabhi iss brain ke software mein bhi bugs hote hein Toh chaliye debugging shuru karte hein.....:)

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“Champions aren't made in gyms. Champions are made from something they have deep inside them—a desire, a dream, a vision. They have to have the skill, and the will. But the will must be stronger than the skill.”

— Muhammad Ali

Kya aap dukhi hein ? kya aapki koi aisi aadat hai jise aap badalna chahte hein ya phir kya aapko naye environment mein problem hoti hai ?

Pehli hurdle jo aapko face karni hai wo hai acceptance.... Aapko apne aapko accept karna hoga kuchh factor external hote hein jinhein aap nahin badal sakte aur kuchh factor aapke will power ke control mein hein ...

Kya aap bhi apne potential ke optimum level par tak jaana chaahte hein toh simply koi bhi kaam karne se pehle aap iss equation ko dhyaan mein rakh sakte hein :

$$\text{HIGH QUALITY WORK PRODUCED} = \text{TIME SPENT} \times \text{INTENSITY OF FOCUS}$$

Agar aap Intensity of focus ko reduce karte hein toh aapko time spent increase karna hoga vice-versa..

Aapki kaam karne ki WILL aapke "foolure" se badi honi chahiye

Iss habit ko ek Flow mein banaane ke liye apne aapko apna task complete karne ke baad chhote chhote reward dein...
Jisse aapka brain apne aap hi goal oriented ho jayega aur aap autopilot mode jaisa feel karenge

Iss optimal state ko achieve karne ke kai tareeke ho sakte hein ...

Pehla ya toh aap apne aapko isolate kar dein har distraction se

Jo aap roz face karte hein , iss situation mein ap ek monk ki tarah act karte hein , ye bilkul waisa hai jaisa ki aap IAS ki preperation karte hein delhi jaakar aap kisi ke contact mein nahin hote sirf parents ko chhod kar ...

Iss baat ka sabse accha

example hein sir nicola tesla shayad hi aapne inke baare mein suna ho...

Mein toh inse kaafi inspire hoon..

Ye apna waqt zyada tar self isolation mein kaam karke bitaate thee....

Shayad sabse bada obstacle iss philosophy ko implement karne mein aapko boring feel ho sakta hai ya phir aap jaldi hee phir se procrastination karne lagenge.....

THE REASON WE PROCASTINATE -

Human brain uss kaam ko taalne mein bahut maahir hotaa hai jo physical ya emotional discomfort create karta hai ... Dread sabse difficult emotion hota hai jo brain tolerate nahin kar paataa...

Toh aisa kya kiya jaaye ki aaap ek optimum tareeke se kaam kar sakein iss cheez se nizaat paane ka ek aur tareeka hai

"The 10 min. Rule"

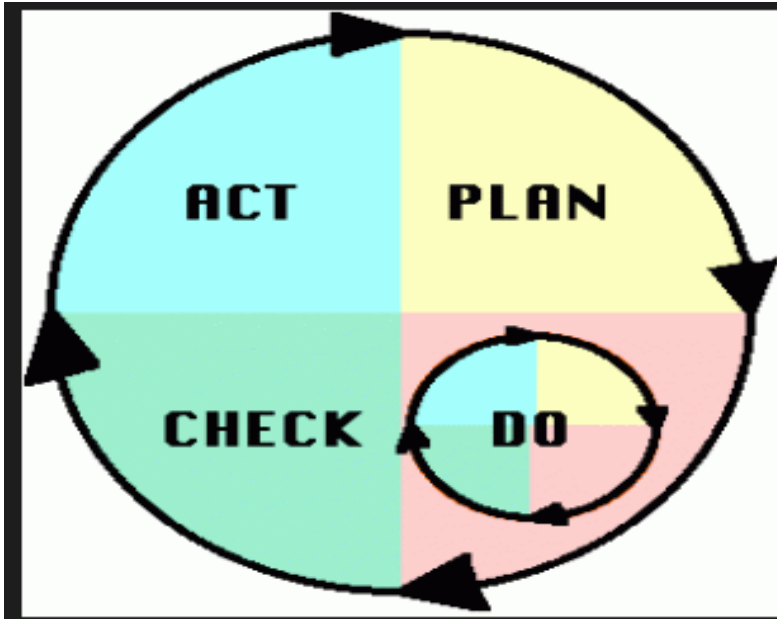
Kisi habit ko change karna sabse mushkil kaam ho sakta hai bas aap apne aapko apna kaam sirf 10 min tak karne ke liye kahiye aur phir kuchh 2 minute tak break lijiye aur phir apne aap se kahiya ki sirf 10 minutes tak kaam karna hai aur kaam kijiye , aap dekhenge ki aap bina dread feel kiye apna kaam asaani se kar paayenge



Kaizen ek japanese philosophy hai jiska matlab continuous improvement hai aur ye method kisi organization ya individual ki productivity enhance karne mein kargar saabit ho sakta hai

Iss kaizen principle ke mutabik series of small improvement se aap kisi bhi kaam ko optimum potential ke saath kar sakte hain

Example ke liye agar koi "sprinter" race karta hai toh wo optimum potential ke liye chhoti chhoti cheezein jaise Apne shoes ki quality se lekar , apne meal se lekar raat ko sone se pehle apne pillow ki quality tak par dhyan dete hain jiska result unhein race track par milta hai hi ...



Iss principle ko kai famous companies jaise "TOYOTA" ne bhi apnaaya hai aur iss wajah se unke revenues mein drastically badlav hue hai ...

Hum cheezon ko sirf facts ke roop mein memorize karna

jaante hai

Optimum perform karne ke liye cheezon ke peeche "how and why" zaroor sochna chahiye

Agar bachpan mein aapke parents aapko lekar bahut zayada protective the yaa phir aapne jo honesty truth ke baare mein seekha toh aisa zyada chances hein ki aapko Shoking experience jhelne pade hon...

RULES hamesha situation par depend karte hein....

Question the Rules

Jitne bhi rules hein wo authority ne hum logon par thope hein , agar hum dhyaan se 5 senses ka use kar ke inn rules ko dekhenge toh ye sirf ek opinion se bad kar kuch bhi nahi hai...

GAUHAR

Hum in rules ko isslye follow karte hein kyunki ye

Hum par humaare janam lene ke baad se hee thope jaa rahe hein ...

Aur humaari ye aadat ho chuki hai ...

Jab bhi hum koi bhi decision lete hein , toh humein lagta

hai ki hum so called "rational" tareeke se decision le rahe hein

Magar truth toh ye hai ki asal mein humaare har decisions kai key factors se influenced hote hein

Ye key factor Friends , family ya aapka apna culture ho sakta hai....

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Issmein koi burai nahin hai World bahut fast evolve ho raha hai , toh kyun na rules ideas aur outdated believes ko bhi evolve kiya jaaye ...

Agar aap cheezon ko jaisi hai waise hee accept karte hein

Toh aap logical aur critical approach develop kar hee nahin sakte

Issliye aapko questioning toh karna hee hoga har decision lene se pehle

Aapko khud sochna hee hoga ki rules aur beliefs kya waakai mein sahi hein ya sirf ek illogical baat hai ,

Toh poori baad ka nichod ye ai ki "FOOL" nahin banna hai :)

You have only two choices - be weak or rise strong....

Agar aap strong baanna chahte hein toh aapko sabse pehle

Concious effor aur discipline maintain karna hi hoga...

Aap kiss tarah ke insaan hein ye aapko conflict ya crisis ke dauran hee pataa chal paata hai

Sahi maayno mein grow matlab apna emotional effort apne aapko improve karne mein lagaana hai
Conciously Work kiye jaana apne aapka best version banne keliye yahan bahut zaroori ho jaata hai....

Bad times se bounce back karna iss baat par nirbhar karta hai ki aap apne aapko konsi story sunaate hein..

Pessimists , jo generally boounce back nahin karte wo permanent aur pervasive set backs face karte hein ..

Optimistic peoples ko pataa hota hai ki setbacks temporary hein aur ye sirf kuch situation tak hi confined hai ...

Apne aap se better question pooche , depressive question ke 100% depressive answer hote hein ...

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"Be a student not a victim of your "fOOLures" and hardships"

Agar aap Bad time mein embarrassed feel karte hein ki log aapke baare mein kya soch rahe hein ..
Toh aisa karna abhi chhod dijiye kyunki kisi ko koi fark nahin padne wala ki aapke saath kya hua ...

Ek example ke taur par
jab aap stage par jaate hein tab aap
Logon se Darne lagte hein par asal mein audience
ko koi fark nahin padta hai wo aapke baare mein
itna nahin sochti...
Aap apne instincts par trust kijiye ...

Par aapko potentially depressing triggers se door
rehne ki kaafi zaroorat hai iss baat ka aapko
dhyaan dena hoga.....

Agar aap apne aap se continuously question
karenge
"Why am I a failure?"
Tab aapka subconscious aapko reasons dega aapke

"FOOLURES" :) ke

Theory jo kehti hai memory uniformly ditributed hai bilkul bakwaas hai..

Brain facts , ideas and experiences ko uss tarah se store nahin karta jaise aapka computer karta hai ...
Balki un perception facts thought ka slightly different combination banaata hai ...

Brain mein learning process mein just rtrieved memory previous memory par overwrite nahin hoti balki ye previous memory se overlap ya interwine karti hai....

Agar learning skills aur knowledge ko build up karna hai

Toh kisi cheez ko bhool jana learning ka dushman hai...

Par bhoolne ke bhi kai upsides hein...

Forgetting nature ka bahut sophisticated spam filter hai.....

Ye brain ko clear focus ke saath kaam karne mein bhi help karata hai bilkul

Ye bilkul aapke smartphone ya pc mein cached data jaisa hai

Day to day decision humaari lives ko shape karte hein ..

Decicion lete waqt proactive approach bahut effective hai...

Elements of smart choices : Problem, Objectives, Alternatives, Consequences, Tradeoffs, Uncertainty, Risk Tolerance, Linked Decisions

Apne objectives ko specify kijiye , aapke decision aapek goal ke anusaar hone chahiye , apne objectives ke baare mein sochne se aapbehtar decision le sakte hein

Kai log decision lete waqt ye "**FOOLISHNESS**" karte hein ki wo

Backup plan banaana bhool jaate hein , kyunki aisa bhi ho sakta hai kee cheezein aapke tareeke se naa chalein

Toh behtari issi mein hai ki aap ke paas plan B ek dum clear ho ...

Tab aap poori tarah se "**FOOLURE**" hone se bach jaayenge aur aapko come back karne mein zyaada

takleefein nahin jhelni padengi....

Jab aapke decision mein uncertainty hoti hai tab
ho sakta aapko desired consequences actual result
naa ho

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Concious awareness aur risk ko tolerate karne kee will

Aapke decision making process ko smother baanaa sakti hai...

Ye baat aapke carrier choose karne jaise delicate choice

Par 100% lagoo hai

Haan decision naa lene ki "FOOLISHNESS" kabhi mat kariyega ...

Decisions toh aapko lene hee padenge kabhi na kabhi

Khud galti karke seekhne ke liye zindagi bahut chhoti hai

Iss cheez ke liye aap doosron ki mistakes aur experience se bhi seekhen jisse aapko kaafi better reults dekhne ko mil sakte hein

Un logon se seekhein jo apne field mein kuchh acieve kar chuke hein kyun ki wo aapko valuable experinces aur life lessons de sakte hein

Aur iss tarah karne se aap future mein aane waale kisi bhi problems ke solution ko efficiently analyse kar sakenge....

Paradox of choices :-

One of the biggest dogmas runs like this:

"If we want to maximize our happiness, the best way to achieve it is to maximize our freedom."

Ye baat sahi hai ki freedom apne aap mein hi bahut valuable aur worthwhile hai...
Freedom jab hoti hai tab humare sar par kisi ke order ko follow karne ka koi dabaav nahin hota ...

Choices zyada hongy toh freedom zyada hogi
Zyaada freedom ke saath hum zyaada khush rahte hein ...
Isspar koi sawaal hi laazim nahi hai ...

Humare upar bahut saari choices bombard kee jaatee hein ;

Humaare smartphones mein hum billions of downloadable application ko choose kar sakte hein
Jab hum grocery store jaate hein toh kai tarah ki vegetables ya fruits hum choose karte hein...

Yahan tak ki hum cltohes khareedte waqt bhee
choice karte hein

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Ye saari choices ka matlab ek happier existence hotaa hai.. Ye belief humaari day to day life mein ghola jaata hai

Par kya sach mein ye choices ye freedom milna humein happiness kee taraf le jaati hai....

Toh chaliye ek ek kar ke sabhi layers ko hataate hein...

yahan aisa sochna kee choices aur freedom humaare liye achheee heee hein bilkul kori bakwaas se kam nahin ,

Issmein koi do rai nahin ki zyada choices ne iss world ko completely change kar diya ...

Hum sabhi zyada freedom mein achha mehsoss karte hein

Par bina "FOOL" bane choices aur Freedom ke doosre point of view par bhi nazar daalte hein

Toh chaliye zara unn negative impact par nazar daalte hein jo zyada choices aur freedom ke kaaran hotee hein....

Too many choice results in procrastination & paralysis... :-

Imagine kijiye agar, apple inc ek saath 100 models iphone ke launch kar de ek saal mein hee...

Toh kya hoga? Zaroor apple ke sales decline hogee...

Kyunki iss cases mein product choices hee itni zyadaa hai...

Problem iphone kee quality mein nahin hai , yahan customer ko zyada choices kee wajah se hassle karna padega...aur zyadatar customer simply chale jaayenge kyunki unko decision lene mein dikkat hogi jiski wajah se company kee sale mein bhaari giraavat aajayegi

Smart people jinke pass kaafi great ideas aur endless resources hote hein jiski wajah se unko zyada choices aur freedom miltee hai, jiski wajah se procrastination aur distraction badta hai aur akhir mein focus kam ho jaata

hai... important decisions sahi time par lene mein hum
 "FOOL" ban jaate hein

Opportunity Cost lead to comparison & dissatisfaction :-

Suppose kijiye kee aapko 5 oranges choose karne hein ,
 umein se ek orange one of the tastiest orange hei poore
 world mein

Aapke pass sirf ek chance hei choose karne ke liye , agar
 aap miss kar gaye toh aap uss tastiest orange ko kabhi
 nahin le paayenge ...

Iss cheez se aapko kaisa feel hua?

More choices higher expectations ko janm deti hein har
 ek option ke liye ...

Agar aapne luckily tastiest orange choose kar bhi liya

you might think it's not perfect, because you can never
 know what the other four oranges tasted like.

The opportunity cost of teh four oranges lead to
 dissatisfaction in us...

Ye aam taur par humaare saath hamesha hota hee rehta
 hai...

Some people will think their spouse is not the best because there is always a better one, even if their spouse is actually the best one for them .

Hum sabhi ek fish ki tarah ek aquarium mein hein ...
Aquarium ka size humein humaari freedom decide
Karta hai ki hum kahan tak swim karenge
Aur hum mein se kuchh iss cheez ko constraints ke
roop mein dekhte hein

Grow karne ke liye humein bigger aquaurium kee
zaroorat hogi ,
Par unfortunatelly zyaadatar log aquarium ko break
karne mein hee lage hue hein aur iss aquarium ke
binaa aap ek dead fish se zyaada kuchh bhee nahin ...

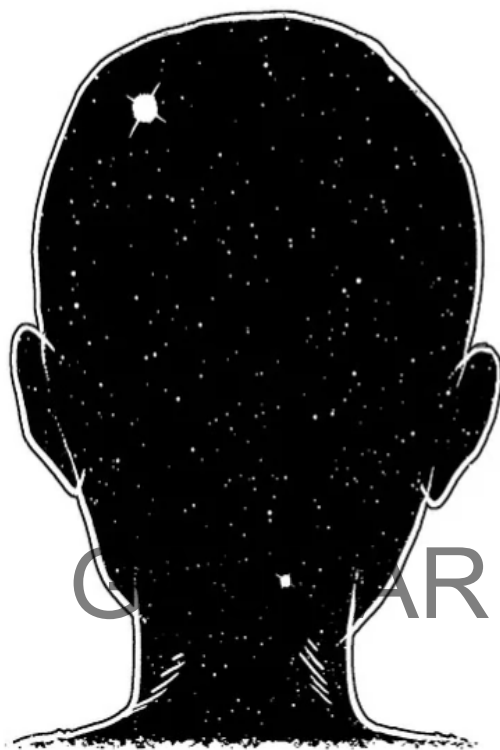
"With the advancement of technology today, limitless choices have been opened to us. Thus, we want to believe that we could have limitless freedom so we can be happier. But limitless freedom is never a good thing. Yes, we do need some freedom to expand and grow, but without constraints, we will have no direction, no standard, no plan, and certainly no happiness."

Never judge a decision purely by its result, especially when randomness and "external factors" play a role. A bad result does not automatically indicate a bad decision and vice versa. So rather than tearing your hair out about a wrong decision, or applauding yourself for one that may have only coincidentally led to success, remember why you chose what you did."

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____ Author

____ Author

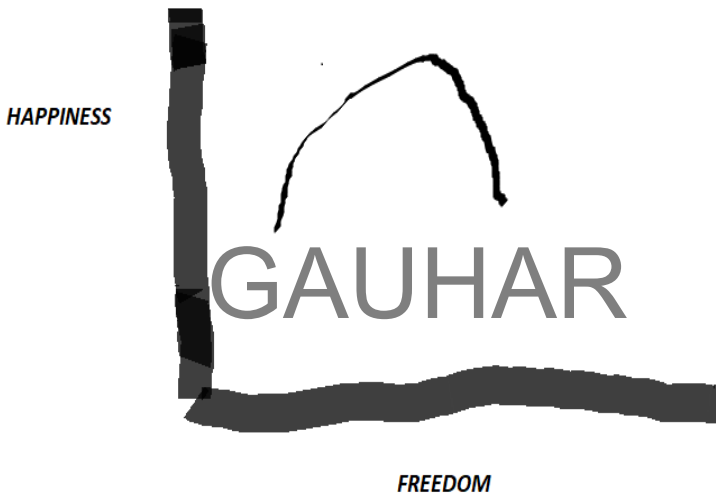


Iss problem ka solution clear hai ...

"We must first stop believing in the dogma we adhere to so much."

More choices does leads to more happiness upto certain point,

But its never linear. After certain point, its clear that given increasing choices , we become more miserable...



We should trim down the choices we have by prioritizing.

"If you have made a choice before – for your career, relationship, or finance, focus on the choice you've already made. Stop comparing your decisions with other alternatives. Instead, focus on what you decided before and make the best of it. "

GAUHAR



GAUHAR

[PERCEPTION.....]



“There are two ways to be fooled. One is to believe what isn't true; the other is to refuse to believe what is true.”

— Soren Kierkegaard

Humans humesha kai chain of thoughts mein uljhe hote hein , ye naye ideas, thoughts, suggestions ke liye yaa toh aggressive react karte hein ya phir ek soft corner rakhte hein

GAUHAR

Humaara brain suggestions/ideas bahut hi extreme way mein perceived karta hei jiss wajah se misconceptions aur minute altercation hone ki possibilities badh jaati hai

Par hum ye bhool jaat hein ki BLACK aur WHITE ke beech mein ek **GREY line bhi hoti hai.....**

Aur jab hum iss grey line ko logically nahin samajh paate tab
Aur extreme mein cheezon ko dekhte hein tab shaydad sitaution kharaab ho jaatee hein....

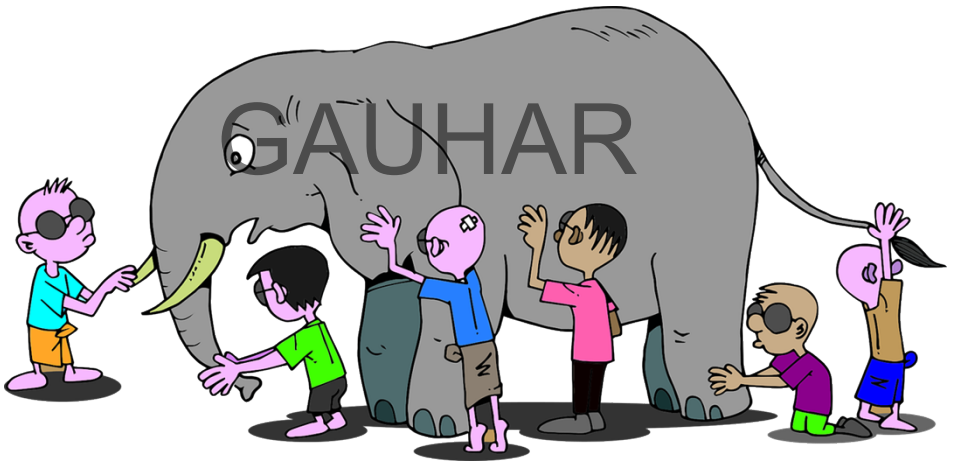


“What you see and what you hear depends a great deal on where you are standing. It also depends on what sort of person you are.”

— C.S. Lewis, The Magician's Nephew

"If the doors of perception were cleansed every thing would appear to man as it is, Infinite. For man has closed himself up, till he sees all things thro' narrow chinks of his cavern."

— William Blake, The Marriage of Heaven and Hell



Ek kaafi mashhoor kahani hai jismein kuchh logon ko opaque black sun glasses dekar Ek Elephant ko elaborately describe karne ke liye kaha gaya , pehle aadami ne pehle

elephant ki tail ko pakda aur bola ki haathi toh ek rassi jaisa hai, doosra aadami kaan ko pakad kar kehta hai haathi ek dum bade pankhe jaisa hai, teesra aadami haathi ke daant ko chho kar bola haathi ek nukile seeng waale rhino jaisa hai iske baad aur 4th aadami haathi kaa limbs pakad kar ussko khambe jaise bataata hai sabhi apni baat ko sahi karne ke liye aapas mein jhagadne lage :- Shayad wo ye bhool gaye the ki har insaan ka persuasive mindset alag alag hota hai....

Behas tab shuru hoti hai jab hum extreme mein jaate hein aur ek belief ko pakad kar baith jaate hein aur "FOOLISH" behave karte hein , isslie humans ko critically sochne ke liye extreme se nikalna hi hoga.....

Hum aksar environment ke influence ko bhool jaate hein jo humare brain par jaane anjaane padta hai..

Kabhi kabhi aisa bhi hota hai ki hum apni condition se itne obsessed hote hein ki hum usko badalne ki koshis bhi nahin karte

Humans uss evidence ko admire karte hein jo humaare assumptions se match kare misaal ke taur par agar hum kisiko gun ke saath dekhte hein toh ye usko aggressive hona darshata hai bhale hi wo ho ya na ho....

"It's interesting that two people can have the exact same experience, but because of the story they created, it affected their beliefs about it. So you have to understand that when you speak to people about your new opportunity, they will bring thousands of preconceived beliefs with them that you have to combat".

Humaara brain kai jagah
 "FOOLISH" tareeke se behave karta hai
 Hum kai baar communicate karte karte violent ho jaate hein humko pataa hee nahn chalta aur phir isska khamiyazaa humein bhigatna padta hai....

Toh iss **FOOLISHNESS** se bachne ke liye hum ko apni observation ko evaluation se zyada dyan dena hai conversation ke dauraan

OBSERVATION > EVALUATION

For example

1. Mera boss bahut late aata hai
(Evaluation)

2. Mera boss 8:00 am ke baad aata hai
(Observation)

Issmein se agar aap observation waala sentence bolte hein toh kaafi zyada chance hai ki aap non violent communication se bach jaayenge .

Toh aap evalutaion kare bina sirf observation ke saath hee baaat karein agar kuchh nahin kar skate toh chupp rehna hi achha hota hai

"Silence is golden when you can't think of a good answer."

— Muhammad Ali



Human brain ki conditioning ke hisaab se
aapko

Behas se bachna chahiye , behas se kabhi bhi kisi masle ka hal nahin nikalega balki log aapko oppose karenge ...

Human brain illusion dene mein bahut maahir hota hai...

Hum chaahein toh sunconsciously apne aap brain ko "FOOL" banaa sakte hein Galat perception rakh ke bhi ...

Famous actor "Jim Carrey" ke baare mein kon nahin jaanta

Unke saath

ek bahut hee chaunka dene waala incident hua , apne struggle waale daur mein jim carrey ne apne aapko \$10million ka cheque likha aur date 10 years baad kee likh di aur apne walle mein rakh diya theek

ussi date ko ten years baad unhein \$10 million dollar mile

"Dumb and Dumber" movie ke liye

Hum regular meditative practice se apne brain ko apne goal oriented kar sakte hein

Ye kabhi kabhi kai disease ko theek kar deta hai ya phir body ko -ve impact karta hai

Jaise agar hum bimaar na ho aur tab bhi subconsciously bolein ya sochein ki hum bimaar hone waale hein toh 90% cases mein aap bimaar pad jaayenge ...

PLACEBO EFFECT ke baare mein aapne sunaaa hee hoga nahin suna toh mein bataata hoon

Kai baar jo medicine aap lete hein asal mein wo medicine hoti hee nahin hai kabhi kabhi aapko sugar ki goli ya phir cadburry gems ki tarah hi kuchh de diya jaata hai aur uss prescription ko lene ke

baad aapka shareer aapko theek bhee kar deta hai Jee haan subconscious mind kae tarah se kaargar hota hai bas zaroorat hai sahi direction dene ki ... Toh kabhi kabhi iss case mein subconsciously mind mein galat perception se "FOOL" banna accha hee toh hai....

GAUHAR
YOU HAVE TWO CHOICES :

1. Control Your MIND.

Or

2. Let Your Mind Control YOU
----- by budhha

Aur dono hi choice extreme way mein choose karna galat saabit ho sakta hai Kabhi option 1 sahi ho sakta hai toh kabhi option 2

Choice toh aapke hi haath mein hai...



“Everything that irritates us about others can lead us to an understanding of ourselves.”

— Carl Gustav Jung

GAUHAR

“The outer world is a reflection of the inner world. Other people’s perception of you is a reflection of them; your response to them is an awareness of you.”

— Roy T. Bennett, The Light in the Heart

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[Emotional intelligence Vs Intelligent Quotient]

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"People who seek psychotherapy for psychological, behavioral or relationship problems tend to experience a wide range of bodily complaints...The body can express emotional issues a person may have difficulty processing consciously...I believe that the vast majority of people don't recognize what their bodies are really telling them. The way I see it, our emotions are music and our bodies are instruments that play the discordant tunes. But if we don't know how to read music, we just think the instrument is defective."

— Charlette Mikulka

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Agar aap open minded hein toh iss baat ko samjhenge

Intelligent hona ya na hona ye frame dependent cheez hai jaise velocity frame

dependent hai waise hi kisi vyakti ka intelligent hona ya na hona bhi kis refrence mein bola jaa raha hai iss baat par nirbhar karta hai ,

Ho sakta hai koi mathematics ke sawaal chutkiyon mein solve kar leta ho, ya phir koi bahut acchi singing kar leta ho , ya phir koi coding mein mahir ho ,

Inn sabhi ka apne field mein intelligent hona iss baat par nirbhar karta hai kis context mein intelligence ki baat kar rahe hein...

Agar aap sahi jagah apni intelligence istemaal nahin karte toh aapka high IQ ka koi faayeda nahin .

GAUHAR

"Knowledge without action is wastefulness and action without knowldedge is foolishness " _____ Al Ghazali

Bhale hee aap kitne bhi smart ya high IQ waale kyun na ho par agar

aap apne emotions ko samjhne
mein nakaam rahe toh shayad
aapka high IQ hona aapke liye
curse saabit ho sakta hai aur aap
hamesha kisi na kisi dilemma mein
uljhe honge...

Iss liye EI , IQ par dominate karta
hai GAUHAR

Aapke EI ko bahut see cheezein ..(+ve) ya (-ve) affect kar sakti hein jaise

Cultural background, Religious background,
social environment, political

environment, traditions and beliefs, Media(tv
news cahannel, newspaper and films), Inner
motivation aur bhi bahut kuchh

Toh ye saari cheezein aapka emotional quotient par impact daalti hein

GAUHAR



Toh itna brief discussion karne ke baad ab paari aati hai ki EI akhir hotaa kya hai?

Asaan alfaazon mein EI apne aur doosron ke emotions ko manage karne ko kehte hein isse zyaada simplest define nahin hosakta :)

Toh ab sabse zaroori question ,EI kaise improve kiya jaaye

EI improve karne ke liye sabse zaroori cheez hai "**EMPATHY**"

Aapko khud ke saath EMPATHY rakhna behad zaroori hai,

Jo log bahut zyaada low self respect feel karte hein unke liye khud ke saath empathy rakhna bahut zaroori ho jaata hai...

Bahut baar aisa hotaa hai ki hum highly defesive position mein aajaate hein aur aapne dear once aur kareebiyon ko apni personal life se door kar dete hein

Aur ye tab hota hai jab humein empathy nahin hoti..

Aise mein hum kuchh bhi sochne samajhne se inkaar karne lagte hein

Aur pareshaani mein padte hee hein

Mindfulness psychotherapy mein to EMPATHY most mandatory topic hai

Apne aap ko motivated rakhein apne goals ke liye
Aur goals bhi attainable, realistic aur clear hona
chahiye tabhi ye goal aapko kaafi lambe waqt tak
motivated rakh sakta hai kaafi zyaad challenging goal
aapko lambe waqt tak motivated anhin rakh sakte aapko
mood slip jaisi dikkaton ka saamna karna pad sakta hai

Toh ummeed hai aap agali baar emotionally "FOOL" nahin
banenge

GAUHAR

:)

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[Don't Be Fool in "Health related topics"]

GAUHAR



"Our Food should be our medicine and our medicine should our food."

— **Hippocrates**

"Instead of complaining about problems in your stomach, mind what goes into your stomach to cause the problems in your stomach."

— **Ernest Agyemang Yeboah**

Healthy eating jo aapki body ko heal karti hai ye ancient idea hai

GAUHAR

Food ko apni dawa hone do ye Hippocrates ki advise thi , tab se lekar aaj tak humans ne food ki healing power ko jaana pehchaan hai

Historical document bataate hein ki herbs aur food kya kya kar sakte hein

Aaj bacteria or viruses ne aatank machaa rakhaa hai aapko shayad jaankar hairaani hogi ki phytochemicals in sab bimaariyon se ladne aur humaare shareer kee immunity badaane mein kitna kaargar hai...

Kuchh studies ye bataati hai ki phytochemicals insaanon mein AIDS, Diabetes ke develop hone ke risk ko bhi kam karte hein ...

Processed foods aur bhi bahut si cheezein aaj humaari diet ka major hissa hain

Unfortunately humaari diets mein phytochemicals 10% se bhi kam hota hai,

Haal toh ye hai ki cold drink peena cool hai aur lemonade peena "FOOL".

Aaj medicines kaafi advance ho chuki hein , par iska ye matlab nahin ki humein iss par dependent hee rehna chahiye....

Modern medicines Disease ko khatam karne ke bajaaye disease ke symptoms ko khatam karti hai

Aapko ye jaankar rahat milegi agar aap kisi accident ke shikaar hote hein toh isske high chance hein ki modern medicines ke badolat aap bach jaayeein ...

Par agar emergency conditions ko chhod dein toh modern medical care itni prabhaavi bhi nahin hai kyun ? kyunki jaisa meine pehle kaha ye disease ke symptoms ko treat karti hai na ki disease ko ...

Type 2 diabetes ko hi le lijiye doctor iska prescription medicine ke zariye ilaaj karte hein

Ek experiment mein ye baat saamne aayi ki ismein istemaal hone waali do medicine se congestive heart failure ka risk bad jaata hai ...
Ye research aapko chaunka sakti hei , par shayad ye ek medicine ka drawback hee toh hai isswajah se isspar gaur nahin kiya jaata.....

Yahaan tak ki diabetes ka ilaaj shayad hi patient
mein koi positive

change laata ho kyunki ye bhookh ko badaati
hai

GAUHAR



Ab sawaal **vaccination** par aata hai ,
vaccination bhi shak ke daayre mein hai
US CENTRE FOR DISEASE CONTROL
AND PREVENTION (CDC)
sujhaav deta hai ki
Ek universla flu vaccination lagwaan achahiye
, kai doctors patient ko iss tarah ka flu shot
lagwaane ka mashwaraha dete hein,
Taki kisi ko bhi infection ya bimaari failne se
bachaaya ja sake

Lekin vaccination ki bhi badi problem hai gaur
kijiyega ek flu
200 diff viruses ki wajah se ho sakta hai aur
vaccine sirf
10% type ke viruses par hi asar karti hai

Aur toh aur har ek vaccine mein thimerosal ka
25 mg paaya jaata hai, jismein mercury hoti

hai jo human brain aur nervous system ko negatively impact karta hai...

Kai baar antibiotics lene se humaare shareer ke liye faydemand bacteria bhi mar jaate hein

Reality ye hai ki healthy rehna itna asaan nahin hai "FOOLS" ke liye....

Ki bas ek dabba whey protein khaaya aur kuchh suppliments se kaam chala liya.....
Ya weight loss ke capsules kha liye
:)

Final words :



GAUJHAR

" Don't Be FOOL " ! :)

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